

## Nuclear Cardiac Stress Test Instructions

- 1) Your test will take approximately **3-4 hours**. You will be given a radioactive tracer (IT IS NOT CONTRAST DYE) which allows for imaging of the blood flow through your heart before & after the stressing portion. The stressing procedure consists of walking on a treadmill OR a chemical stressing agent for those who are unable to walk on the treadmill. **You should keep a distance from pregnant women & small children for 24 hours after the test.** Should you have any questions or need to reschedule - please call us at (850) 696-4200.
- 2) **Eating/Drinking:** Please do not eat or drink anything after midnight, except plain water.
- 3) **Caffeine:** Please do not eat or drink anything with **caffeine (or decaffeinated)** for **24 hours** before your test.
- 4) **Nicotine/Tobacco:** Please do not use any products containing nicotine or tobacco the morning of test.
- 5) **What to wear:** Please wear loose, comfortable pants or shorts (no dresses/skirts) and a **metal free** short sleeve top (button down shirt if possible). Please bring a sweater or light jacket. **Please wear athletic type shoes. Do not wear heels, sandals, flip-flops, or slip-on shoes.**
- 6) **Medications:**
  - **Nitroglycerin** - Do not take on the day of the exam, but bring with you.
  - **Diabetic medications & Bronchial inhalers:** Please bring them with you should you need them.

**DO NOT take any of the following medications 24 hours prior to the test but BRING THEM WITH YOU (should you need to take them after the stressing portion).**

### **BETA BLOCKERS:**

**GENERIC NAME / BRAND NAME**

Acebutolol / Sectral  
 Atenolol / Tenormin, Tenoretic  
 Betagan/ Levobunolol  
 Betaxolol / Kerlone, Betoptic  
 Bisoprolol/ Zebeta, Ziac  
 Blocadren / Timolol  
 Brevibloc / Esmolol  
 Carteolol / Ocupress, Cartrol  
 Esmolol / Brevibloc  
 Carvedilol / Coreg, Coreg CR  
 Labetalol / Trandate, Normodyne  
 Levobunolol / Betagan  
 Metipranolol / Optipranolol  
 Metoprolol / Lopressor, Toprol-XL  
 Nadolol / Corgard, Corzide  
 Nebivolol, Bystolic  
 Penbutolol / Levatol  
 Pindolol / Visken  
 Propranolol / Inderal, Inderide, InnoPran XL  
 Sotalol / Betapace, Sorine  
 Timolol / Betimol, Blocadren, Istalol, Timoptic

### **CALCIUM CHANNEL BLOCKERS:**

**GENERIC NAME / BRAND NAME**

Amlodipine / Norvasc, Caduet, Lotrel, Azor  
 Bepridil HCl / Vascor  
 Clevidipine / Cleviprex  
 Diltiazem / Cardizem, Dilacor, Tiamate, Tiazac  
 Felodipine / Plendil  
 Isradipine / Dynacirc  
 Nicardipine HCl / Cardene  
 Nifedipine / Adalat, Procardia  
 Nimodipine / Nimotop, Nymalize  
 Nisoldipine / Sular  
 Trandolapril / Tarka  
 Verapamil / Calan, Covera, Isoptin, Verelan

***\*If you are unsure about any meds, bring them with you so we can review & advise.***